

Dear Parents & Guardians,

The Center of Counseling and Career Services (CCC) is organizing a seminar on **“Parent Effectiveness Training” (PET)** in the form of weekly group sessions. The seminar is based on a theory developed by Dr. Thomas Gordon, founder of the well-known Gordon Training Organization, which is broadly used in the US as a means of educating parents on the communication skills needed in order to strengthen and improve the quality of the relationship with their children.

More specifically, the seminar will be structured as follows:

Feb. 23rd	Introduction to Gordon’s Parent Effectiveness Training Program: Understanding Parent Effectiveness - The Behavior Window
Mar. 2nd	Learning the Helping Skills: How to avoid typical <i>communication roadblocks</i> – Acquire <i>passive and active listening</i> skills
Mar. 9th	Applying Active Listening: How to promote communication within your family members
Mar. 16th	Confronting Unacceptable Behavior: Express feelings and ideas in a direct way – Typical ways of <i>confronting unacceptable behavior</i> – How to effectively confront a child
Mar. 23rd	Applying I-messages: Practice using <i>Confrontive I- messages</i> and <i>Shifting Gears</i> - Learn <i>common errors with I-messages</i>
Mar. 30th	Resolving Conflicts: Discuss the <i>win-lose methods</i> – Learn the <i>no-lose method</i> for conflict resolution
Apr. 6th	Applying Method III: The <i>six steps of the method</i> – <i>Practice using Method III</i> in typical parent-child conflicts.
Apr. 13th	Resolving Values Collisions: Determine <i>values difference</i> and <i>values collision</i> – <i>Provide strategies</i> for dealing with them.

The seminar will be conducted by **Mrs. G. Zerva** and **Mrs. M. Protopapa** under the supervision of Dr. G. Thanopoulou, **all licensed Counseling psychologists and PET Instructors.**

The number of participants to the seminar will be limited to 15 parents and will be offered on **Wednesdays, from 16:30 – 19:00p.m.** A minimum number of 10 participants is necessary for the seminar to take place. Please bear in mind that the seminar will be open to ISA parents as well as parents of children of other schools & requires your commitment for full participation. The overall **cost for participation** in the seminar will be **240 Euros for one parent and 350 Euros for a couple.**

If you are interested in participating, please fill in the following form and return it to Mrs. Metaxa or Mrs. Trakas by Friday, February 4th. Please note that priority will be given to those who register first. Details will follow after the number of participants has been finalized.

Sincerely,

Dr. Gina Thanopoulou – Papakonstantinou, PhD., Ed. M., M.A., Harvard University

Director, Counseling & Learning Center, Counseling Psychologist